

Breast Fibroadenoma

What is Fibroadenoma?

Fibroadenomas are the most common benign (non-cancerous) mass in the breast. It's name comes from the fact it is composed of structural or fibrous (fibro) and glandular (adenoma) tissue, both of which are normal elements of the breast tissue. A woman may develop a fibroadenoma at a young age and be unaware of it. Sometimes it is discovered when a woman has her first mammogram, or on subsequent mammograms. A woman may have one or more fibroadenomas in her breast. Fibroadenomas are usually round or oval, smooth masses. If they can be felt, they feel rubbery and moveable.

How are they discovered?

A fibroadenoma can present as a lump which can be felt if it is large enough, or be seen on a mammogram or breast ultrasound. Sometimes a fibroadenoma is detected on a mammogram after it begins to age, which can cause calcifications to appear on a mammogram.

How are they managed?

If your physician suspects that you have a fibroadenoma, they may recommend that you have a biopsy to be sure. They may also recommend a follow up mammogram and sonogram to monitor it and make sure that it does not grow. It may need to be removed surgically, especially in a younger woman since it may grow and become larger over time.